CDC CLOTH FACE COVERING GUIDELINES

Your cloth face covering should:

✔ Reach above the nose, below the chin, and completely cover the mouth and nostrils

✔ Fit snugly against the sides of the face

✔ Be made of multiple layers of fabric that you can still breathe through

✔ Be able to be laundered and machine dried without damaging the material or shape

Do not buy surgical masks to use as a face covering. Those are intended for healthcare workers and first responders. Many items you may already have in your home can be used to create face coverings.

WWW.CDC.GOV

SIGN UP FOR EMPLOYEE TEXT MESSAGES TODAY!

TO ENROLL, TEXT: **COSAGOV** TO: **55000**

Get important messages at your fingertips about:
- Benefits
- Employee events
- Job opportunities
- Emergency alerts
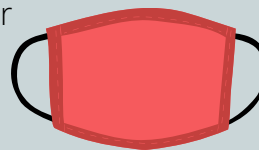
HOW TO STAY SAFE FROM COVID-19 WHILE AT WORK

PRACTICE SOCIAL DISTANCING
Stay at least 6ft from other people

WEAR A MASK
If you are unable to practice social distancing, wear a mask at all times

Examples include:
- When you are assigned to ride together in a vehicle for work purposes
- When traveling through public areas
- On the elevator

DO NOT CHOOSE TO RIDE TOGETHER IN A CAR IF YOU ARE NOT REQUIRED TO DO SO

DO NOT TAKE BREAK OR LUNCH WITH OTHER EMPLOYEES WHERE SOCIAL DISTANCING OF 6 FEET CANNOT BE ACHIEVED

DO NOT COME TO WORK IF YOU ARE EXPERIENCING COVID LIKE SYMPTOMS:
- Fever (>99.6F) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

DO NOT ASSUME YOUR SYMPTOMS ARE SOMETHING OTHER THAN COVID

WELLNESS WORKSHOP: CREATING A RESILIENT MINDSET

IN THIS SESSION, PARTICIPANTS WILL:
- Discover the power of vulnerability when dealing with failure
- Learn how to perceive adversity as a learning opportunity
- Tackle limiting beliefs associated with challenge and change
- Understand how to embrace fear and risks
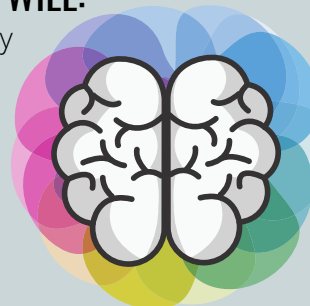
LIVE WEBINAR
JULY 22, 2020
FROM 2-3PM

SCAN QR CODE WITH YOUR SMART PHONE TO REGISTER